

October Newsletter



Snoqualmie Valley School District



What's New in Your Schools?

Welcome to your monthly newsletter! We are excited to share our story with you!



Pam Chambers
DIRECTOR OF DINING SERVICES

Pam.Chambers@COMPASS-USA.COM

In this issue:

What's New in your Schools?

Reason to celebrate

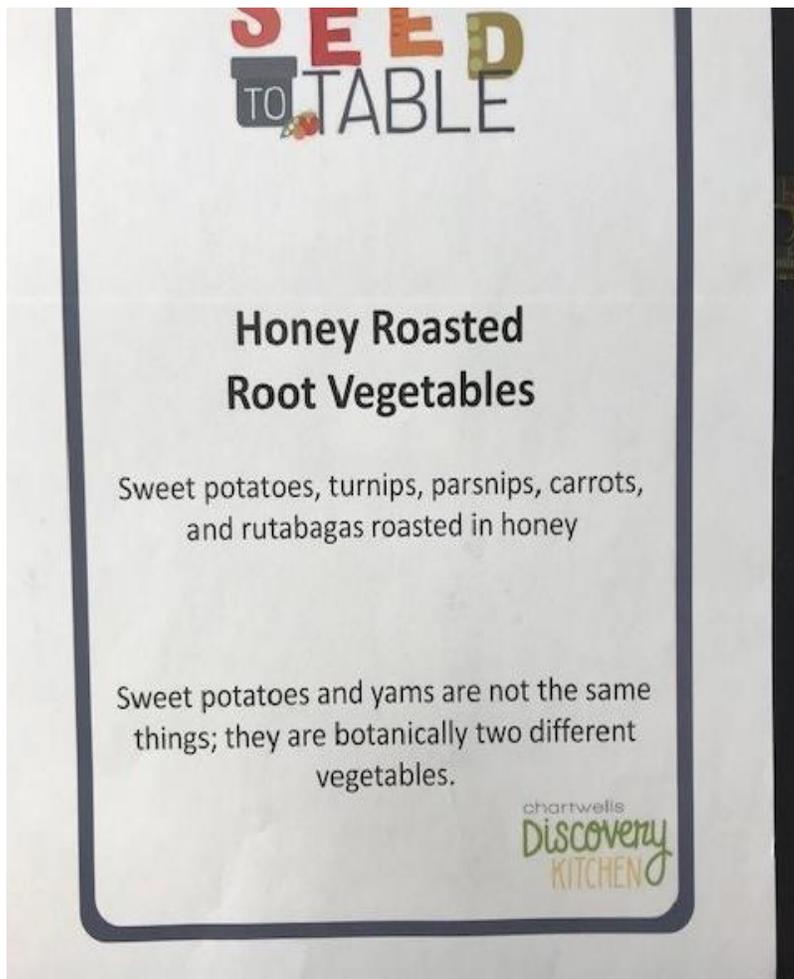
Recognitions and thank you's.

What's new this month

October is Seed to Table month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.

October 13th Featured Seed to school at the elementary levels with Cinnamon glazed carrots.

October 12 Honey Roasted Root Vegetables were featured along with Lemon Garlic Broccoli at the MS's and HS on Oct 24th.



EVERYTHING
tastes fresher when
it's right from the
farm or garden!

chartwells
Discovery
KITCHEN



Events to look forward to

Emerging research suggests that the food we eat can affect our mental well-being. To help students learn what foods may help them feel their personal best, Chartwells launched Mood Boost.



November will bring new and exciting ideas and implementations. Stay tuned!

A Reason to Celebrate!

October 11-15: National School Lunch Week

President John F. Kennedy created National School Lunch Week (NSLW) in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. We will celebrate all week long!

Several classes at the elementary schools had the students color the eat healthy sheets. There were 3 winners at each school and were awarded a ribbon, eraser shaped like different foods and a special treat, a Rice Krispy bar. Each month there will be the opportunity for different grades to do the same.

Here are the SES and CVES winners

October 29: National Oatmeal Day

A warm bowl of oatmeal starts a day off right. Add spices, fruit, nuts, or nut butters to add flavor. It's also a versatile ingredient. Add oatmeal to baked goods to create a delicious crumble. We use it to make granola, cookies, and bars.

Although the 29th fell on a Saturday, we offered hot oatmeal to the elementary school several times for breakfast this month.

At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring Snoqualmie Valley School's students leave the cafeteria happier and healthier than they came in. Each of our associates are dedicated to ensuring students leave the cafeteria happier and healthier than they came in. We all have the same goal –delivering the best foodservice possible. Meet some of our team members from across the district.



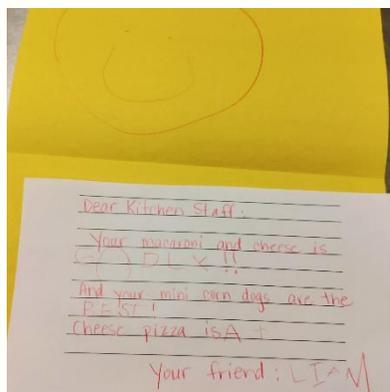
National Smile Day

Oct 7th.

These are the ladies from SMS

Thank you from NBE student

He always has to tell us what is the best lunch.



Employee Spotlight:

Sunnie Kelley has stepped up this year from day one as the cook at OES while the head cook has been out and the cook moved up. They have been short handed most of the year so its been busy. She always has a smile and does a great job. Thank you Sunnie!